



MEDICAL FITNESS . . . Different by Design



In the ongoing discussion concerning the vision for healthcare in our community, the word "Prevention" is an integral component of every article. As we have said before, a medical fitness center is very different than other health/fitness facilities.

As a member of the Medical Fitness Association, we take the opportunity to access the most current research and programming to be able to offer state-of-the-art programs and services to our members.

The Medical Fitness Association is the most recognized organization for fitness facilities, and professionals, interested in the medical fitness model and medically integrated programs and services for center members and the community. The following is being

used, with permission, from the Medical Fitness Association website and clearly defines the uniqueness of medical fitness centers.

Medically integrated health and fitness centers are defining the future of professionally administered programs and services to an aging population, and are improving outcomes for clients/patients with chronic diseases and multiple risk factors. These centers have proven they can provide a continuum of care, fulfill the mission of their sponsoring institution, and be financially viable in a variety of communities. The pioneers in the medical fitness industry believe the future of hospitals and other wellness/fitness organiza-

tions is in improving the health status of the communities they serve. Preventing disease is the key to the future.

Notable growth and success through the medical fitness industry is becoming more prevalent each year. Based on information obtained through industry surveys and other sources, the number of centers has grown from 79 in 1985 to 950 in 2008. The number of members served has grown to over 3 million and is projected to reach over 4 million by 2010.

(Continued on back page)

October Medical & Fitness Seminars



Living WELL with Diabetes

By Dr. Salvatore Lacagnina,
Lee Physician Group

Thursday, October 22 at 4:00 pm

2nd Floor Conference Room

Oh, My Aching Back

By Kurt Gray, LMHS Physical Therapist

Tuesday, October 13 at 6:00 pm
2nd Floor Conference Room

To register for these FREE seminars, please stop by the Front Desk or call 573-4800.

3rd Annual Family Health & Safety Fair Saturday, November 7 From 10am-3 pm at The Wellness Center of Cape Coral

This Free community event is for Moms, Dads, Coaches, Teachers and all Heroes everywhere. Featuring live performances, demonstrations, 35 health and safety informational tables, blood drive, canned food collection & prizes.

On The Calendar:

- October 1—On The Go Pizza Party in Conference Room
- October 13—Medical Seminar
- October 22 — Medical Seminar



*New additions to Group Exercise schedule . . .
7:30 pm classes on Mondays - Thursdays*

A professional difference

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Phone: 239-573-4800
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Website: www.LeeMemorial.org/wellness

- Mondays take Body Pump.
- Tuesdays come in for a high energy cycle class.
- Wednesdays cool off with Aqua Aerobics
- Thursdays punch out all your stress with Body Combat.

Member Notices. . .

The Wellness Center of Cape Coral has often been referred to as the “best kept secret” in the Cape. We want to enlist your help in spreading the word. If you have a success story that you wish to share, please stop by Member Services or the Fitness Desk to let them know of your willingness.



Next Swim Session Starts Monday, November 2 . . . There are swimming lessons for all ages — 6 months to 85 years. The session runs 4 weeks, with classes twice a week or the Saturday-only option. For more information, contact Aquatics office at 573-4507.

Position Yourself for Health!

When sitting and standing, be mindful of your posture. Frequent slouching, bending, reaching and hunching over can lead to back pain and other discomfort. Stand up straight and keep your shoulders back and relaxed. Sit up straight as well, with both feet flat on the floor (a short foot stool can help). Avoid tilting your head forward, backward or sideways. Pause regularly throughout your day to note your posture and reposition yourself as necessary.

**Medical Fitness —
Different by Design (continued)**

The Medical Fitness Association (MFA), a non-profit organization, was formed in 1991 to assist medically integrated health and fitness centers achieve their full potential. The Association is a professional membership organization whose mission is to ascertain and respond to the needs of medically integrated centers throughout the world. As a resource to the medical fitness industry, MFA is 100% focused on medical fitness, and is the first association to have focused on hospital fitness and wellness. Medical fitness is their #1 mission — and only mission.

LMHS Wellness Centers strive to adhere to the standards outlined by the MFA. Wellness is more than a workout; it’s a positive mindset and lifestyle that provides the opportunity to be your very best.

We hope we’re offering a program or service that you find particularly enjoyable and worthwhile. Enjoy your time at The Wellness Centers.

**Six Week Arthritis Self-
Management Series**



Starting Thursday, October 22, from 10:00 am—noon for six weeks The Wellness Center will host The Arthritis Foundation Self-Help Program, conducted by Kurt Gray, LMHS Physical Therapist.

This group educational program, developed at Stanford University, is designed to:

- Identify and teach you the latest pain mgmt. techniques.
- Help you develop your own exercise program.
- Help you learn to manage fatigue & stress effectively.
- Discuss the role of nutrition in arthritis mgmt.
- Help you find solutions to problems caused by arthritis.
- Discuss the purposes & effective use of medications.
- Teach you how to form a partnership with your health-care team.

To register, please call or stop by the Front Desk at 573-4800. A book fee of \$30 will reserve your spot. This class is limited to 20 participants.